Anti-Doping: How can I help my athletes succeed?
As a coach, you are one of the most dynamic and influential people in your athlete’s life. With responsibilities ranging from running a practice to serving as a representative for your athlete after they’ve been selected for drug testing, it is absolutely vital that you maintain a comprehensive understanding of the anti-doping process. Your athlete’s rights and responsibilities under that process, as well as the role you play in keeping sport clean, is outlined in the pages to follow…
Yes.

For example, an athlete who is visually impaired can visit USADA.org/blood to view the blood collection slide show.

During the blood collection process, less than one tablespoon in some cases, athletes could be selected for blood testing.

Sample Collection Process for Blood

USADA has developed a number of resources to help athletes understand the status of a medication or method.

Global Drug Reference Online (GlobalDRO.com) is an online and mobile enabled resource to search the prohibited status of a prohibited substance/method.

USADA’s Drug Reference Line® gives you access to an expert over the phone to answer questions about the status of a prohibited substance. Call 1-719-785-2000 and select Option 2.

GlobalDRO allow me to search medications to help my athlete determine the status?

Yes. Athletes, coaches, parents, etc. can use Global DRO to determine the status of a medication or method.

Therapeutic Use Exemption (TUE) Process

There may be circumstances in which treatment for a medical condition requires that your athlete take medication containing a prohibited substance or utilize a prohibited method. If this occurs, you must seek approval through the TUE application process prior to using a prohibited substance or prohibited method in sport.

You can be a valuable resource in helping guide your athlete through the TUE process. For more information, visit USADA.org/tue.

To determine if a TUE is necessary for your athlete, follow the steps below.

1. Research the medication at GlobalDRO.com to identify if the medication or treatment is prohibited.

2. Determine the athlete’s competition level.

3. Apply for a TUE based on the athlete’s competition level and substance at least 21 days in advance of the use by visiting USADA.org/tue.

Does Global DRO allow me to search medications to help my athlete determine the status?

Yes.

Is pseudoephedrine prohibited in-competition?

Yes. Pseudoephedrine is a threshold substance and therefore prohibited in-competition if it exceeds the Limit.

Drug Reference Resources

USADA’s history, tips and information have played a pivotal role in allowing USADA to investigate anti-doping rule violations and protect clean athletes. While information from athletes and coaches can and has resulted in non-analytical positives (a sanction that has been issued in the absence of a positive test), credible tips can also aid USADA in setting up targeted testing missions.

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Global Drug Reference Online (GlobalDRO.com) is an online and mobile enabled resource to search the prohibited status of specific medications based on the current WADA Prohibited List.

The Wallet Card is a quick reference summary of prohibited and permitted substances based on the current WADA Prohibited List. The Wallet Card is updated annually.

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WADA Prohibited List

The World Anti-Doping Agency (WADA) prepares and annually publishes the Prohibited List. Typically, a substance or method is considered for the WADA Prohibited List if the substance or method meets any two of the following three criteria: it has the potential to enhance or it does enhance sport performance; it represents an actual or potential health risk to the athlete; or it violates the spirit of sport. For the most up-to-date information, visit USADA.org/prohibited-list.

Can a coach sign the doping control form on behalf of the athlete?

Yes. As a coach, you may sign on behalf of the athlete if the athlete is not able to do so. However, the athlete must provide written authorization for you to sign the form on their behalf.

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Whereabouts Filing

If your athlete is included in the USADA Registered Testing Pool (RTP), you will need to file a Whereabouts Notification in advance of any out-of-competition testing. Whereabouts Notifications must be submitted to USADA at least once a year, and are needed to ensure that athletes are able to be contacted for testing in the event of a suspicion of a violation.

Can I help my athletes with the Whereabouts requirement?

Yes. Remind your athletes to file by the deadline and encourage them to update their Whereabouts when necessary. Athletes can use Global DRO to help athletes update their Whereabouts by logging into their Athlete Express account at athletes.USADA.org or by using the USADA Updater app. See USADA.org/whereabouts for more information on downloading the app.

Retention

For USADA and anti-doping purposes, athletes who retire from competitive sport must promptly inform USADA, their respective sport’s National Governing Body, and their International Federation in writing, fax, courier, email, or online. Once a retirement is confirmed, the athlete is removed from the USADA RTP and will no longer have to comply with certain athlete requirements, such as providing whereabouts information.

Play Clean Tip Center

USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from the health risks and influences of performance-enhancing drugs. Throughout USADA’s history, tips and information have played a pivotal role in allowing USADA to investigate anti-doping rule violations and protect clean athletes. While information from athletes and coaches can and has resulted in non-analytical positives (a sanction that has been issued in the absence of a positive test), credible tips can also aid USADA in setting up targeted testing missions.

Results Management

USADA is responsible for the results management and adjudication process for the anti-doping program of the Olympic & Paralympic movement in the United States. The adjudication system includes numerous protections for athletes to ensure that only those athletes who are guilty of an anti-doping rule violation are sanctioned.

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I am a coach and not subject to testing. Do I really need to learn about Results Management?

Yes. As a coach, you should understand the Results Management process. Coaches, although they may not undergo testing, can face a sanction for other reasons, such as trafficking or administering prohibited substances.

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Supplement 411® is the latest tool in the collection of resources USADA provides to help athletes and coaches understand the risks associated with the use of dietary supplements and make healthy, informed decisions.

A comprehensive online educational portal, Supplement411.org addresses the important issues surrounding the use of dietary supplements, helping athletes to:

- **REALIZE** that there are safety issues with dietary supplements;
- **RECOGNIZE** risks in the dietary supplement industry; and
- **REDUCE** their risk as much as possible if they decide to use dietary supplements.

Some additional key features on Supplement411.org include:

- A supplement bottle video that gives an in-depth look at problems with packaging and labeling.
- The High Risk List and the High Risk List app, which name specific supplements that are known to contain prohibited substances.
- A testing guide that helps evaluate independent supplement testing companies.

USADA hopes that Supplement 411 empowers all athletes to make informed decisions concerning supplement use.

TrueSport® is a grassroots movement dedicated to promoting a positive youth sport experience. An experience that helps young athletes build the life skills and core values for success...on and off the field. We partner with organizations throughout the country, providing them with powerful educational tools: lessons, playbooks, videos, apps, and more.

Our mission is simple and bold: to change the culture. To ensure than youth sport in America delivers on its bright, amazing promise. Get Informed. Get Inspired. Get Involved.

Together we can transform the culture of youth sport in America. Together we can make a positive difference for generations to come.

Explore a world of resources at TrueSport.org, a place where coaches, parents, and kids can teach, learn, and play.

Coaches are some of the most influential people in athletes' lives, and are in a unique position to help them make positive and healthy choices. Understanding the role coaches play in keeping sport clean, as well as their responsibilities under the World Anti-Doping Code (Code), is vital for both them and the athletes they support. With this in mind, USADA has created Coach's Advantage® in order to arm all National Team coaches with accurate and up-to-date anti-doping knowledge.

Coach's Advantage is a comprehensive, online educational tutorial comprised of video modules. The lessons cover the WADA Prohibited List, the sample collection process, Therapeutic Use Exemptions, and Whereabouts responsibilities. Coaches will receive a certificate of completion for finishing the modules and taking a final quiz.

Visit USADA.org/coach to learn more about the tutorial and other coaching resources.

Athlete Express® provides information and support over the phone and by email regarding Whereabouts, testing, Therapeutic Use Exemptions, prohibited substances, educational resources, and more.

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